

## ABSTRACT OF THE INVENTION

A food product made from a support stick that is configured to inserted into and securely hold food items having a central core section such as stone fruits and pome fruits. The food items can be fresh, frozen or dried. The support stick has an upper section with two or more upwardly extending arms configured to securely hold the central core section in a chamber formed by the arms and a lower section forming a handle. The arms can be elastic to expand and then contract around the central core section and have one or more grasping members, such as barbs, to prevent the arms from being disengaged from the central core section while eating the food product. The grasping members can be generally downwardly directed to ease entry of the arms into the food item. A method of making the food product is also presented.